

Winter 2006 Activity Schedule

January 9 - March 26, 2006

Registrations are being accepted now.

PARKS & REC INDEX

Programs

Arts & Crafts	15-16
Dance	16-17
Health & Fitness	18
Leisure Learning	18-19
Paws, Hoofs,	
Feathers & Fins.	19-20
Pre-School	20-21
Rhythm & Strings.	21
Silver Citizens	21-22
Special Events	22
Sports	22-23
Trips	23
ocation Addresses	24
egistration Information	24
egistration Form	25
hat's Going On?	26

www.culpepercounty.gov

(Click on Parks and Recreation)

ARTS & CRAFTS

VALENTINE COOKIES & CRAFTS

Bring your little one out to have fun making crafts and eating cookies. Each child will take home at least one craft that they made. All supplies included - the only thing needed is your little one.

Instructor: Tabitha Riley

Location: Community Room, 303 N. Main

Option	Ages	Day	Dates	Time	Fee
A	4-6	Sa	2/11	9:00a-11:00a	\$5
В	7-15	Sa	2/11	12:00n-2:00p	\$8





INTRO TO MACHINE SEWING

Have you wanted to make your own quilt or try your hand at making your own clothes? But you're

not sure where to start? Do terms like bias & grain make you scratch your head? Well then, this is the perfect class for you. Instructor Joyce Calhoun, who has been making clothes & quilts for many years, will show you the basics to sewing with a sewing machine. Supply list is on our website & in the office; you will need your own sewing machine. You do not need to bring anything the first night of class; supplies will be discussed in detail there.

Location: Floyd T. Binns Middle School *Instructor*: Joyce Calhoun

Ages	Day	Dates	Time	Fee
16-adult	W	1/18-3/1	6:00p-8:00p	\$40

WATERCOLOR PAINTING

This watercolor class is for beginners and those who want to brush up on the finer points of painting. You will learn what to use and how to use it from an instructor with over 30 years painting and 4 years teaching experience. This is a class that will provide you with years of joy and creativity.

Instructor: Millie Allen Lane

Location: GW Carver Piedmont - Art Studio

Ages	Day	Dates	Time	Fee
18+	W	1/11-2/15	1:00p-4:00p	\$85

Note: Supplies not included. A list of supplies will be on the website & available at the Parks and Rec. office.

NEW!

STONE CARVING

This course will be an introduction to stone carving...from relief to sculpture in the round. Tools

and Virginia Soapstone, Indiana Limestone or slate will be available for purchase from the instructor. Class will be held for 3.5 hours a night, participants are encouraged to attend a minimum of 2 hours at each class.

Instructor: Gary Colson

Location: GW Carver Piedmont - Art Studio

Ages	Day	Dates	Time	Fee
16-adult	F	1/13-3/24	4:30p-8:00p	\$99

Now Available, Parks and Recreation Updates via E-mail!

Sign up for C.A.N.S. (Culpeper Automated Notification System) now online! You can receive this publication, periodic updates regarding activities and special events, theme park or ski lift tickets, and much more by email!

Simply go to www.culpepercounty.gov and click on C.A.N.S. to set up your account.

Pre-registration is required for all activities, unless otherwise noted. See page 24 & 25 on how to register.

PAGE 16 **CULPEPER MINUTES ISSUE TWENTY-TWO**

Culpeper County Parks and Recreation

Winter Schedule

OIL PAINTING

Learn the basics of painting from how to prepare a canvas to composition, color mixing, and completion of desired imagery. Classes are taught in oils, but those already working in acrylics may bring them. Additionally, if you already have a painting you're working on, bring it to class to get a little extra help in the finishing touches. Minimal-shared paint set provided, but personal materials are preferred for your own intent and development Participants should be seriously interested.

Instructor: Linda Ramer

Location: GW Carver Piedmont - Art Studio

Ages	Day	Dates	Time	Fee
16-adult	Th	1/12-3/2	6:30p-8:30p	\$65



BEGINNING DRAWING

Ever have an image in your mind that you wish you could put on paper? Then come to this class where artist Linda Ramer will teach you how to make that drawing come to life. Techniques used will be contouring, shading, and movement sketching. These basic skills will be used at the end of the class to develop a finished composition. Some shared supplies will be provided. Supplies will be discussed at the first class.

Instructor: Linda Ramer

Location: GW Carver Piedmont - Art Studio

Ages	Day	Dates	Time	Fee
16-adult	Tu	1/17-2/21	7:00p-8:30p	\$50

DANCE

BALLROOM DANCING I

Have you always wanted to learn how to dance? This class will teach you a number of the elegant dance steps seen in many of the world's finest ballrooms. Try the Waltz, Chacha, Rumba, and Fox Trot, along with others.

Instructor: John Gentile

Location: Community Room, 303 N. Main

Ages	Day	Dates	Time	Fee
16-adult	W	1/11-3/1	7:00p-8:00p	\$40/\$72

Note: *Fee \$40 Individual - \$72 Couple

BALLROOM DANCING II

Pre-requisite: Ballroom Dancing I This class will be an extension of Ballroom Dancing I. Your ballroom dancing skills will be taken a step further with additional empha-

sis on leading & following as well as additional turns, moves, and maneuvers. So step up, step out, and let's dance.

Instructor: John Gentile

Location: Community Room, 303 N. Main

Ages	Day	Dates	Time	Fee
16-adult	W	1/11-3/1	8:00p-9:00p	\$40/\$72

Note: *Fee \$40 Individual - \$72 Couple

SWING DANCE

Does the music of the big band era get your feet stomping and your head bobbing? Then we have just the thing for you! This class will teach you the popular styles of the big band dance era. Come alone or bring a friend or family member. It promises to be fun.

Instructor: John Gentile

Location: Community Room, 303 N. Main

Ages	Day	Dates	Time	Fee
16-adult	W	1/11-3/1	9:00p-10:00p	\$40/\$72

Note: *Fee \$40 Individual - \$72 Couple

ADULT BEGINNER BALLET

First, no ballet experience is necessary. Second, have you ever wanted to learn ballet or just looking for a different way to get in shape? Then this is for you. This class sets the foundation for classical ballet techniques. Each subsequent class will build on these techniques.

Jennifer Ramsden, In Motion Instructor:

Dance Center

Location: 130 W. Culpeper St., Suite B

Session I

Ages	Day	Dates	Time	Fee
16-adult	W	1/18-2/22	7:30p-8:30p	\$85

Session II

Ages	Day	Dates	Time	Fee
16-adult	W	3/8-4/12	7:30p-8:30p	\$85

ADULT BEGINNER TAP

This class is for anyone who has dreamed of tapping. Get a pair of tap shoes, start with warm-up, and learn basic tap moves. Each class is progressive and gets more advanced as a student gains experience.

Instructor: Jennifer Ramsden, In Motion

Dance Center

130 W. Culpeper St., Suite B Location:

Session I

Ages	Day	Dates	Time	Fee
16-adult	Tu	1/17-2/21	8:00p-9:00p	\$85

Session II

Ages	Day	Dates	Time	Fee	
16-adult	Tu	3/7-4/11	8:00p-9:00p	\$85	

Registration Information & Form on page 24 & 25

Culpeper County Parks and Recreation

Winter Schedule

PAGE 17

IMPORTANT CHILDREN'S DANCE

Information

Dance participants in classes held at In Motion Dance Center will be able to participate in a Recital held in June. Participants, however, will need to register starting in January and stay registered through the recital. New participants will be taken again in the summer session starting in June.

CREATIVE MOVEMENT

Preschool students learn the beginning movements for ballet, including positions. Students take turns moving to different music, beats, and words while learning to create animals, flowers, and butterflies.

Instructor: Jennifer Phillips, In Motion Dance Center

Location: 130 W. Culpeper St., Suite B **Note:** Option A - no class on 1/16 & 2/20

Option	Ages	Day	Dates	Time	Fee
A	3-5	M	1/9-2/27	9:00a-9:30a	\$35
В	3-5	W	1/18-2/22	12:30p-1:00p	\$35



PRE-SCHOOL TAP

After a fun warm-up, your little one will learn basic tap moves from shuffles to ball changes to noise games with their feet, all set to fun music for kids.

Instructor: Jennifer Phillips, In Motion Dance Center

Location: 130 W. Culpeper St., Suite B **Note:** Option A - no class on 1/16 & 2/20

Option	Ages	Day	Dates	Time	Fee
A	3-5	M	1/9-2/27	9:30a-10:00a	\$35
В	3-5	W	1/18-2/22	12:00n-12:30p	\$35

HOP N BOP JAZZ

Students learn the basic positioning for dancing to fast beat, fun kid songs. Students learn to follow directions and move to the beat of music. They will learn and dance to familiar songs such as the Chicken Dance and the Bunny Hop.

Instructor: Jennifer Phillips, In Motion Dance Center

Location: 130 W. Culpeper St., Suite B Note: Option A - no class on 1/16 & 2/20

Option	Ages	Day	Dates	Time	Fee
A	3-5	M	1/9-2/27	10:00a-10:30a	\$35
В	3-5	W	1/18-2/22	11:30a-12:00n	\$35

BEGINNING TAP

Learn the basic steps and combinations for tap. Students learn the shuffle, shuffle hop step, ball change, and toe heel combinations.

Instructor: Jennifer Phillips, In Motion Dance Center

Location: 130 W. Culpeper St., Suite B **Note:** no class on 1/16 & 2/20

Ages	Day	Dates	Time	Fee
5-7	M	1/9-2/27	3:00p-3:30p	\$35

CLASSES FOR HOME SCHOOLERS

HOMESCHOOL PRE-BALLET

We set the foundation of fundamental classical ballet technique. Bar work is introduced at this level. Each subsequent class builds on the techniques learned, so this is quite possibly the most important class we offer! Pre-Ballet is for beginners, regardless of age, to ensure the foundation is set properly. No ballet experience is necessary.

Instructor: Jennifer Ramsden, In Motion

Dance Center

130 W. Culpeper St., Suite B Location:

_	Ages	Day	Dates	Time	Fee
	5-6	Tu	1/17-2/21	11:00a-11:45a	\$40

BALLET I / II FOR HOMESCHOOL

We set the foundation of fundamental classical ballet technique. Bar work is continued at this level. This class puts emphasis on reinforcing the proper technique. Preparation for jumps, pirouettes and waltzing are also introduced.

Instructor: Jennifer Ramsden, In Motion

Dance Center

130 W. Culpeper St., Suite B Location:

Ages	Day	Dates	Time	Fee
7-15	Tu	1/17-2/21	12:00n-12:45p	\$85



HOMESCHOOLERS JAZZ

Students will learn the patterns, turns, routines, and other skills to get yourself moving to the beat. Dance in the style you see everywhere from TV to Broadway.

Instructor: Jennifer Phillips, In Motion Dance

Center

Location: 130 W. Culpeper St., Suite B

Note: no class on 1/16 & 2/20

Ages	Day	Dates	Time	Fee
8-15	M	1/9-2/27	1:00p-2:00p	\$55

HOMESCHOOLERS HIP HOP

Dance to today's hottest hits with a funky beat. Students will learn how to dance to appropriate lyric rap/rhythmic music. Class combines the elements of street dancing which includes styles often seen in today's music videos.

Instructor: Jennifer Phillips, In Motion Dance

Center

Location: 130 W. Culpeper St., Suite B

Note: no class on 1/16 & 2/20

Ages	Day	Dates	Time	Fee
8-15	M	1/9-2/27	2:00p-3:00p	\$55

Contact Parks and Recreation at 540-727-3412 www.culpepercounty.gov

CULPEPER MINUTES PAGE 18 **ISSUE TWENTY-TWO**

Culpeper County Parks and Recreation

Winter Schedule

HEALTH & **FITNESS**



PILATES FOR BEGINNERS

Improve your muscle tone, flexibility, and posture with

this fun and mildly challenging workout. Please bring a mat, towel, and water.

Instructor: Sharon Steele

Location: Community Room, 303 N. Main

Session I

Ages	Day	Dates	Time	Fee				
16 &up	M	2/6-2/27	5:30p-6:30p	\$20				
Session II								
Ages	Day	Dates	Time	Fee				
16 &up	М	3/6-3/27	5:30p-6:30p	\$20				

SEATED FITNESS

This is a gentle workout that incorporates cardiovascular strength, muscular strength, range of motion, and flexibility, while seated in a chair. Please bring your own water and a towel. These aerobic movements are geared toward those 50 years and older.

Instructor: Sharon Steele

Location: Culpeper County Library –

Large Meeting Room

Session I

Ages	Day	Dates	Time	Fee
50&up	W	2/1-2/22	2:00p-3:00p	\$14

Session II

Ages	Day	Dates	Time	Fee	
50&up	W	3/1-3/29	2:00p-3:00p	\$17	

SHARON STEELE...

Our Seated Fitness instructor will be taking a much needed vacation in January, but will be back to teach in February. Sign up now, while there is still space!

FIT FOR LIFE

If you need some fun & movement in your life, then come on out and get Fit for Life! This class is full of fun, low impact exercises and aerobic dance moves. The routine uses a chair (for some seated exercises), a face towel, and a set of light weights, which when combined gives you a great workout that is fun and hard to get anywhere else. This program is geared for seniors and those who need a gentle way to get started in an exercise program.

Instructor: Maggie Corradi Location: The Depot

Session I

Option	Ages	Day	Dates	Time	Fee
A	30+	M	1/2-1/30	10:30a-11:30a	\$20
В	30+	Th	1/5-1/26	10:30a-11:30a	\$16
С	30+	M&Th	1/2-1/30	10:30a-11:30a	\$36

Session II

Option	Ages	Day	Dates	Time	Fee
D	30+	M	2/6-2/27	10:30a-11:30a	\$16
Е	30+	Th	2/2-2/23	10:30a-11:30a	\$16
F	30+	M&Th	2/2-2/27	10:30a-11:30a	\$32

Session III

Option	Ages	Day	Dates	Time	Fee
G	30+	M	3/6-3/27	10:30a-11:30a	\$16
Н	30+	Th	3/2-3/30	10:30a-11:30a	\$20
I	30+	M&Th	3/2-3/30	10:30a-11:30a	\$36



LEISURE **LEARNING**

FIRST AID & ADULT CPR

This American Heart Association First Aid Course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. Also taught are the basic techniques of adult CPR. A book and certification card are included in the fee. For anyone 6th grade to Adult (must weigh at least 90 lbs.)

Instructor: Verna Mae Bretschneider Location: Culpeper Co. Library -Large Meeting Room

Ages	Day	Dates	Time	Fee
See above	M&W	3/13-3/15	6:00p-10:00p	\$45



CHILD & INFANT CPR

Has it ever crossed your mind "what would I do if a child I know started choking?" If you don't know the answer, then maybe you should come out and take American Heart Association's Infant / Child CPR. This class will teach CPR and relief of foreign-body airway obstruction for infants and children. You will also get to perform the skills you learn on a manikin. A book and certification card are included in the fee. For anyone 6th grade to Adult (must weigh at least 90 lbs.)

Instructor: Verna Mae Bretschneider Location: Culpeper Co. Library -Large Meeting Room

Ages	Day	Dates	Time	Fee
See above	W	3/22	6:00p-10:00p	\$25

Registration Information & Form on page 24 & 25

Winter 05 Issue 22 Part ...

Culpeper County Parks and Recreation

Winter Schedule



ADULT CPR & AED

This American Heart Association course teaches the basic techniques of adult CPR and how to use an AED (automated external defibrillator). Students also learn about using barrier devices in CPR and giving first aid for choking. The course teaches how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction. You will also get to perform the skills you

grade to Adult (must weigh at least 90 lbs.)

Instructor: Verna Mae Bretschneider

Location: Culpeper Co. Library
Large Meeting Room

Ages	Day	Dates	Time	Fee
See above	M	3/27	6:00p-10:00p	\$38

learn on a manikin. A book and certification

card are included in the fee. For anyone 6th



DIGITAL PHOTOGRAPHY

Did you get a new digital camera for the holidays? Or do you have one, but don't know what all it can do? This in-depth look at the subtle workings of a digital camera and its functions are what you need to take your photography into a new era. Learn more about using a digital camera in a photographic environment, so you can digitally master your best work.

Instructor: Brian Ashdown

Location: Floyd T. Binns Middle School

•	Ages	Day	Dates	Time	Fee	
	16-adult	M	1/30-3/13	6:30p-7:45p	\$45	

Note: No class 2/20. If you have your own digital camera and/or laptop feel free to bring it, although it is not a requirement.

The Baby Signs Program is based on the groundbreaking Baby Signs Research which began an international movement to teach hearing babies to use signs. After 20 years of careful study, Baby Signs Researchers proved that using signs actually enhances language, cognitive, and social-emotional development.



NEW!

THE BABY SIGNS® PARENT WORKSHOP

Baby Signs® are simple gestures that are easy for parents and babies to learn and use. It allows babies to share their world and jumpstarts their intellectual development. This is an introductory sign language class for the parents, extended family, and caregivers of healthy, hearing infants up to 36 months of age. Babies do NOT attend this one hour session. Fee includes a take home kit to get you started. The actual Baby Signs® class where the children attend will be offered in the Spring.

Instructor: Susan Peed, Certified Instructor *Location:* Community Room, 303 N. Main

Session I

Ages	Day	Dates	Time	Fee
16-adult	Sa	1/28	9:00a-10:00a	See note

Session II

Ages	Day	Dates	Time	Fee
16-adult	Sa	2/11	3:00p-4:00p	See note

Session III

Ages	Day	Dates	Time	Fee
16-adult	Sa	3/25	10:00a-11:00a	See note

Note: Fee \$50 first person (includes take home kit); \$30 each additional person in the same immediate family.

PAWS, HOOFS, FEATHERS & FINS

PUPPY KINDERGARTEN

Now that you've got that adorable bundle of fur, let's get started on the ABC's of puppy training using positive reinforcement. We will focus on attention, better behavior, and communication through verbal & visual cues. First class is an orientation for owner only; please leave Fido at home. Must bring copy of current immunization record to first class.

Instructor: Betty Ann Howell

Location: Community Room, 303 N. Main

Ages: Puppies 3-5 months

Humans 10 & up (under 16 w/ adult)

Ages	Day	Dates	Time	Fee
See above	Tu	1/10-2/28	6:30p-7:30p	\$80

Section continued on page 20

INSTRUCTOR SPOTLIGHT BETTY ANN HOWELL

Betty Ann Howell is a caring and enthusiastic instructor with 17 years experience providing group and private lessons for puppies and dogs. She teaches based on the K.I.S.M.I.F. principle, Keep it Simple and Make it Fun.

Betty Ann is a member of the Association of Pet Dog Trainers (a Professional Organization); the Mattaponi Kennel Club; the Humane Society of Culpeper; and Therapy Dogs International. Additionally, Betty Ann is a certified evaluator for the American Kennel Club's Canine Good Citizen Certification, and for Therapy Dogs International for the past

Cara Capellini & her dog were students in Betty Ann's summer Beginning Manners class and said, "Mrs. Howell is such a great & knowledgeable teacher. She is extremely patient and encouraging to all."

Contact Parks and Recreation at 540-727-3412 www.culpepercounty.gov

Winter 05 Issue 22 Part ...

Thursday, December 01, 2005 08:59
page 5

Composite

CULPEPER MINUTES PAGE 20 **ISSUE TWENTY-TWO**

Culpeper County Parks and Recreation

Winter Schedule

BEGINNING MANNERS

Isn't that new puppy or dog just absolutely adorable? But how about its behavior? Does your puppy/dog need to learn some manners? If so, then here's the solution; bring little Fido out to this class where he/she will learn basic commands, socialization, and dog attention. Any dog, whether they're 4 months or 4 years. can attend. First class is an orientation for owner only; please leave Fido at home. Must bring copy of current immunization record to first class.

Instructor: Betty Ann Howell

Location: Community Room, 303 N. Main

Dogs 6 months & up -Ages:

Humans 10 & up (under 16 w/ adult)

Option	Ages	Day	Dates	Time	Fee
A	above	Tu	1/10-2/28	10:00a-11:00a	\$80
В	above	Tu	1/10-2/28	7:30p-8:30p	\$80

K-9 GOOD CITIZEN

Prerequisite: Must have taken the Beginning Manners, other dog obedience class, or placement by instructor.

Does Fluffy listen to your commands only when he wants to? Could he use a refresher course in training? Then sign up now, because here is the class to help you and Fluffy. K-9 Good Citizen training will give you 10 steps to help your dog gain confidence and control. First class is an orientation for owner only; please leave Fido at home. Must bring copy of current immunization record to first class.

Instructor: Betty Ann Howell

Location: Community Room, 303 N. Main Humans 10 & up (under 16 w/ adult) Ages:

Ages	Day	Dates	Time	Fee
See above	Tu	1/10-2/28	11:00a-12:00p	\$80

DOG OBEDIENCE DISCOUNTS

- Seniors 55 & up 10% discount
- 2nd dog in same family—10% discount
- Dogs adopted from Culpeper Animal Shelter -20% discount - must provide copy of adoption contract
- Only one discount per dog / family.

PRESCHOOL

BEGINNING TUMBLING I

Bring your little boys and girls out to learn the proper ways to tumble through organized play. This is a great class to let your child socialize with others, while they dream of being a gymnast. Parent participation is required to encourage students to participate. Children should wear loose fitting clothing or leotards, no jeans. Children should be in socked feet or soft slippers, no sandals or tennis shoes during class. Siblings may not attend unless they meet the age eligibility and are registered in the course. 5-year-olds must not yet be in kindergarten.

Instructor: Joanne Munson

Location: Community Room, 303 N. Main

Note: Children must be within age range for class by Feb. 1, 2006.

Session	ı I	(no class on 1/16, 2/13 or 2/20)				
Option Ages		Day	Dates	Time	Fee	
A	2-3	M	1/9-3/6	9:30a-10:15a	\$30	
В	3-4	M	1/9-3/6	10:30a-11:15a	\$30	
C	4-5	M	1/9-3/6	11:30a-12:15a	\$30	

Session II

Option	Ages	Day	Dates	Time	Fee
D	2-3	F	1/27-3/3	9:30a-10:15a	\$30
Е	2-3	F	1/27-3/3	10:30a-11:15a	\$30
F	3-4	F	1/27-3/3	11:30a-12:15a	\$30



CRAWLERS & CRUISERS

Interactive music, stories, games, and creative movement appropriate for crawlers, cruisers, and early walkers. Caregivers are encouraged to participate in the tricks of the trade, and the sharing of things that have helped with their babies/crawlers. Caregiver must be present for entire session. See below for specific days class description.

Instructor: Tracy Wormack

Location: Community Room, 303 N. Main

Session I - Baby Love

Learn to give your baby a gentle and interactive massage and hugs while doing daily rou-

Ages	Day	Dates	Time	Fee
6-15 month	M	2/13	9:00a-9:45a	\$12

Session II - Clean up time

Fun and games centered around hygiene for baby.

Ages	Day	Dates	Time	Fee
6-15 month	M	3/13	9:00a-9:45a	\$12

WONDERFUL ONE'S & TWO'S

Toddlers (ages 15 months - 2.5 years) and their caregivers engage in themed hands-on play, music, and explore creative movement, and interactive stories. They will create a keepsake craft in each class. Please bring a large baby blanket or yoga mat to lie down on and a light snack for your child. Caregiver must be present for entire session. See below for specific days class description.

Instructor: Tracy Wormack

Location: Community Room, 303 N. Main

Session I - Valentine's Day Celebrate Valentine's Day with song, dance, and crafts.

Ages	Day	Dates	Time	Fee
15m-2.5y	M	2/13	10:00a-10:45a	\$12

Session II - Bubble Bubble

Enjoy super bubble fun of all kinds and sizes and learn about the importance of toddler hy-

Ages	Day	Dates	Time	Fee
15m-2.5y	M	3/13	10:00a-10:45a	\$12

Registration Information & Form on page 24 & 25

WINTER 2005 CULPEPER MINUTES PAGE 21

Culpeper County Parks and Recreation

Winter Schedule

KIDS' CLUB

Join us for fabulous fun each month as your preschooler enjoys themed learning through interactive play using music and movement, exciting storytelling, games, and crafts. Caregiver must be present during entire class for child who does not separate well or is not potty trained. All caregivers must be present for the last 30 minutes of the class to help his/ her child with crafts. See below for specific days class description.

Instructor: Tracy Wormack

Location: Community Room, 303 N. Main

Session I - My Valentine-

Celebrate the loved ones in your family and learn about families. We will make our loved ones a gift/card.

Ages	Day	Dates	Time	Fee
2.5-5.5	M	2/13	11:00a-12:15p	\$14

Session II - Bubble Bash-

Learn about the science of bubbles, important preschool hygiene (hand-washing), and enjoy bubble fun of all sizes.

Ages	Day	Dates	Time	Fee
2.5-5.5	M	3/13	11:00a-12:15p	\$14

WANTED....

The Parks and Recreation Department is looking for instructors interested in teaching various classes for children & young teens ages 6-15. Classes include, but are not limited to: crafts, sports, environmental, and many more.

If you are interested in teaching, or have an idea for a class, please contact Tabitha Riley at triley@culpepercounty.gov or 727-3412.

Also, be sure to give your opinion on the future of the Parks and Recreation Department by filling out the NEEDS ASSESSMENT SURVEY enclosed in this issue.

Rhythm & Strings

KINDERMUSIK VILLAGE

Imagine your child swinging softly in a blanket or dancing with you around a Maypole. Village provides a delightful environment unlike any other. Through a unique blend of multi-level activities that includes creative movement, vocal play, object and instrument exploration, and a colorful literature component, your baby's growth and development are stimulated and all of their senses engaged.

Instructor: Jennifer Ramsden, In Motion

Dance Center

Location: 130 W. Culpeper St., Suite B

Ages	Day	Dates	Time	Fee	
0 - 1 1/2	Th	1/12-3/16	11:00a-12:00n	\$250	_

KINDERMUSIK OUR TIME

Introduces your child to a musical world filled with singing, imitating sounds, rhyming, sound identification, instrument exploration, and creative movement. <u>Includes</u> activity book, CD's and other items in take-home materials. All this helps your child improve confidence, self-control, and communication skills.

Instructor: Jennifer Ramsden, In Motion Dance Center

130 W. Culpeper St., Suite B Location:

Ages	Day	Dates	Time	Fee
1.5 - 3	Th	1/12-3/30	9:00a-10:00a	\$50

BEGINNING GUITAR

Do you have a guitar that you intended to teach yourself to play? Do you need a little help learning? Then this 7-week class is just the thing for you! Darcy Canton will teach you the basic strumming techniques and chords to get you started playing.

Instructor: Darcy Canton

Location: Floyd T. Binns Middle School **Note:** Must have your own guitar

Ages	Day	Dates	Time	Fee
12-adult	Tu	1/24-3/7	6:30p-8:30p	\$50

INTERMEDIATE GUITAR

This 6-week class is for those who already know basic chords. The course is designed to advance the student to the next level of playing using basic fingering and strumming techniques. The student will also have the opportunity to practice applied voice (if you choose), along with playing the instrument in an informal supportive setting.

Instructor: Thom Shotwell

Location: Floyd T. Binns Middle School

Note: Must have your own guitar

Ages	Day	Dates	Time	Fee
12-adult	W	1/25-3/1	6:30p-8:30p	\$48

SILVER CLUB

WHEN: Every Wednesday

TIME: 10:00 a.m. - 2:00 p.m.

WHERE: Culpeper County Library

Meeting Room

\$5.00 per year FEE:

COORDINATOR: Marshall Conner

540-727-3444 ext 155

How do I join? Simply come on out to the Library on a Wednesday between 10:00 a.m.-2:00 p.m. and talk to Marshall Conner.

Special Note: At the Wednesday meetings, members bring a covered dish to share for lunch.

Who needs rocking chairs? Not us. Check out Culpeper County Parks and

Recreation's largest and most vibrant program. At its weekly meetings senior citizens enjoy a covered-dish lunch

(Continued on page 22)

Contact Parks and Recreation at 540-727-3412 www.culpepercounty.gov

CULPEPER MINUTES PAGE 22 **ISSUE TWENTY-TWO**

Culpeper County Parks and Recreation

Winter Schedule

(Continued from page 21)

and participate in activities like bingo, speakers, trips, holiday parties, crafts and other projects. For many seniors the program provides an environment where lasting friendships are developed.

Don't expect the Silver Club to stay in Culpeper every week. The club usually takes a trip every two months. Trips have included Cumberland Scenic Railroad, Baltimore's Inner Harbor, Riverside Dinner Theater, Lunch Cruises, National Cathedral in Washington, D.C., Bedford D-Day Memorial and Graves Mountain Lodge. In addition to the larger trips the Silver Citizens go on smaller trips to local sites of interest.

One way that the Silver Club stays informed is through its speaker program. Over the past year the group has heard presentations from community organizations, police, businesses, county officials, entertainers, historians, authors, storytellers and other notable members of the community.

Speaking of community, the Silver Citizens play an active part within the Town and County of Culpeper. Many serve the community as volunteers and mentors. The club also actively supports the Adopt-US-Troops program sending packages and cards to three area soldiers serving in Iraq.

The benefits to its members and the community-at-large are immense. Now is the time to recycle your expertise and life experience and share it with others.

Many recent articles in the Culpeper Star Exponent, Culpeper News and Culpeper Citizen have profiled the activities this group undertakes.

SPECIAL **EVENTS**

SILVER SCREEN CLUB: WATCH CLASSIC FILMS!

Remember the grandeur and pure entertainment of classic films? Want to see those films on a big screen and chat about them? Join us for a Friday afternoon



movie at the George Washington Carver-Piedmont Technical Education Center located six miles outside of the Town of Culpeper on Route 15 South towards Orange. The films will be presented in the Center's auditorium and the dates are tentatively scheduled below. Show times will be 1:00pm-3:30pm (followed by a discussion). Light snacks will be provided at old-fashioned prices. No fee for admission. Parks and Recreation will provide the screen, projector, movies and sound. Recreation Coordinator Marshall Conner will host the film and lead the discussions. Great for seniors, stay-at-home parents, popular culture fans and film buffs. For more information give us a call at 540-727-3444 ext. 155.

Movies will be shown on the following dates. For specific titles shown on each date please call 540-727-3444 ext 155.

> **January 6 & 27** February 3 & 24 March 3 & 10 **April 7 & 21**

Location: GWC Piedmont Tech,

9432 James Madison Hwy

Rapidan

1:00pm - 3:30pm Time:

Fee: **FREE**

EGG-STRAVAGANT EGG HUNT

Ready for some egg-riffic fun? Bring your little some-bunny out for an egg hunt. Oh! By the way, if you find the golden egg, there will be a special prize! Be sure to bring a basket (or something to carry all those eggs). Egg hunt will be broken into three age groups; 2-4 yrs. (parent help is a must), 5-7yrs, and 8-11yrs. Doors open for admission at 2:30pm. Event will actually start at 3:30pm.

Location: Culpeper Co. H.S. Gym

Event Information

٠	Ages	Day	Dates	Time
	2-11	Su	4/9	2:30pm

Ticket Information

Types	Dates	Fee
Early Purchase	12/19-3/31	\$2.00
Full-Price	4/1-4/9	\$3.00

<u>Tickets can be purchased in advance, please use</u> registration form and include a self-addressed stamped envelope so your tickets can be mailed to you or stop by the Department's Office.

If by mail, office must receive request by 3/31. Tickets will only be sold in person after 3/31.

SPORTS

JUJITSU

Jujitsu is one of the most ancient forms of the martial arts in the world, with origins dating back over 2500 years to China and Japan. This martial art is the practice of self-defense without the use of weapons. The use of throws, holds, and blows are used in conjunction with clever use of the attacker's own weight and strength. The junior class will cover selfdefense techniques, conditioning, and grappling. The adult class will focus on the same principles, but much more heavily on the application of techniques.

Instructor: Jason Carrier

Location: Floyd T. Binns Middle School

Option	Ages	Day	Dates	Time	Fee
A	11-15	T&Th	1/31-3/9	6:00p-7:00p	\$55
В	16-adult	T&Th	1/31-3/9	7:00p-9:00p	\$93

Registration Information & Form on page 24 & 25

CULPEPER MINUTES

Winter Schedule

Culpeper County Parks and Recreation



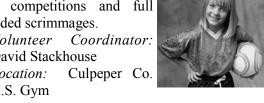
GIRLS INDOOR SOCCER **CLINIC**

Individual skills of dribbling, passing, trapping, shooting and

heading will be covered, as well as 1-on-1 and 2-on-2 competitions and full sided scrimmages.

Volunteer Coordinator: David Stackhouse

Location: H.S. Gym



Grades	Day	Dates	Time	Fee
4-6	Su	1/8-3/12	4:00p-5:30p	\$35

30 & OVER CO-ED INDOOR SOCCER

Get rid of the winter blues and the holiday pounds by coming out and playing soccer indoors. Full payment is due on or before the first night of play.

Volunteer Coordinator: David Stackhouse Location: Culpeper Co. H.S. Gym

Ages	Day	Dates	Time	Fee
30+	Su	1/8-4/2	5:30p-7:00p	\$43

VOLLEYBALL

Get rid of the winter blues and the holiday pounds – come out and play volleyball, where fun abounds! Some playing experience is beneficial.

Volunteer Coordinator: Theresa Gore Location: Culpeper Co. H.S. Gym

Ages	Day	Dates	Time	Fee
16-adult*	Su	1/8-4/2	7:30p-9:30p	\$48

Note: ages 12-15 can play but parent must accompany and remain in gymnasium with participant at all times. Game time from 4/9-June TBA

Youth Sport Leagues:

Is your child interested in playing on a sport league? All of the sports leagues in the County are independent organizations. The only information the Parks and Recreation Department has are contact numbers, which are listed on page 26. For more information on the sports leagues, please contact the representatives listed.

TRIPS

WHALE WATCHING

Come and travel in style and comfort down to Virginia Beach for a unique opportunity to view and interact with some of Virginia's spectacular marine life. Upon arriving in Virginia Beach, you will enjoy a 2-hour cruise to see humpback whales that winter off the coast of Virginia! Then enjoy the more than 300 interactive exhibits at the Virginia Marine Science Museum. Also, you'll get to see a movie at the IMAX® theaters. Virginia Marine Science Museum is filled with harbor seals, sea turtles, a nature trail, a huge shark tank, and much, much more! Meals are on your own, pack a small cooler and/or enjoy meals at the Osprey café. There will be a stop for fast food dinner on the return trip. All ages are welcome, but anyone 17 or under must be accompanied by an adult. This trip filled up quickly last year, be sure to register early. (Whale sightings are not guaranteed. 2-hour cruise is subject to weather conditions. Be sure to dress for the weather)

Trip Coordinator: Tabitha Riley Pick up Location: Floyd T. Binns M.S. -Lower Lot on Radio Lane

Due to the reservation procedures, registrations for Whale Watching WILL NOT be accepted after Thursday, February 9, 5:00 pm.

Option	Ages	Day	Dates	Time	Fee
A	1-11	Sa	2/25	6:15a-8:30p	\$59
В	12+	Sa	2/25	6:15a-8:30p	\$63



VIRGINIA DISCOVERY MUSEUM

No School!? What are you going to do with your child today? Why not bring them out on this trip to experience some hands-on science fun! This museum is geared for pre-school through 4th grade students, but everyone is welcome. The best part, you don't have to drive! This trip to Charlottesville will be on a charter bus. All ages, under 18 must be accompanied by adult.

Trip Coordinator: Tabitha Riley *Pick up Location:* Pearl Sample Elem. Registration Deadline: Friday Jan. 6, 5:00pm

Option	Ages	Day	Dates	Time	Fee
A	Under 1	F	1/20	9:00a-12:30p	\$10
В	1-adult	F	1/20	9:00a-12:30p	\$15

MEDIEVAL TIMES

At the dawn of the Middle Ages, we gather in the Great Hall of the King. You, our noble guests, are at the center of a great celebration, a feast and a tournament, born of legend. Come join us as we travel to Hanover and back in time to experience a spectacle that has not been wit-



Culpeper County Parks and Recreation

nessed for centuries! Medieval Times Dinner & Tournament is a show you won't soon forget. Enjoy a full dinner and a show of jousting, hand-to-hand combat, and the power and glory of the mighty Andalusian stallions. Travel is on a luxury motor coach; everything is included in the fee except souvenirs. Dinner Garlic Bread, Vegetable Soup, Roasted Chicken, Spare Rib, Herb-Basted Potato, Pastry of the Castle, and Beverage.

Trip Coordinator: Tabitha Riley Pick up Location: Floyd T. Binns M.S. -Lower Lot on Radio Lane

Due to the reservation procedures, registrations for Medieval Times WILL NOT be accepted after Thursday, March 2, 5:00 pm.

Option	Ages	Day	Dates	Time	Fee
A	1-12	Sa	3/18	3:00p-11:30p	\$84
В	13+	Sa	3/18	3:00p-11:30p	\$97

Contact Parks and Recreation at 540-727-3412 www.culpepercounty.gov

PAGE 24 CULPEPER MINUTES ISSUE TWENTY-TWO

2 EASY WAYS TO REGISTER!



Walk-In

Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).



By Mail

- Complete a registration form and mail with payment, cash, check or money order payable to: Culpeper County Parks and Recreation, <u>155 W. Davis Street, Suite 100, Culpeper, Virginia 22701</u>.
- Please include a self-addressed, stamped envelope, if **you require** registration confirmation.

Additional Information

Registrations:

- Registrations are welcome upon distribution of class information. Full payment must accompany registration in the form of cash, checks, or money order, payable to Culpeper County Parks and Recreation.
- Registrations are accepted on a first come, first served basis.
- The Department is unable to accept Telephone registrations at this time.

Refunds:

- If a participant needs to withdraw from a program, a full refund will be issued if the Parks and Recreation Department has been notified before the start of the second class.
- If a participant withdraws from a program after the start of the second class date, then a pro-rated refund, less a \$3 processing fee, will be issued.
- Refunds for one-day activities and all bus/van trips will be given in full prior to the registration deadline. After the registration deadline refunds, less a \$3 processing fee, are **only given** if a substitute(s) is found and that substitute(s) registers with the Department before the activity/trip date.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public Schools cancel or close early, for inclement weather, natural disasters or other occurrences.
- Please listen to the following radio stations for closing announcements: 92.5 FM, 95.9 FM, 103.1 FM, 104.5 FM, & 107.7 FM or visit www.cancellations.com.

Adjustments

• Department staff has made every effort to prepare this section of the *Culpeper Minutes* as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Department reserves the right to make any necessary adjustments. The staff apologizes for any inconvenience these errors or adjustments may cause.

ADDRESSES FOR LOCATIONS USED

Facility		City	
Community Room	303 N. Main Street, 2nd Floor	(between Duncan Bros. & Family Hair Center)	Culpeper
Culpeper Co. H.S.	14240 Achievement Drive		Culpeper
Culpeper Co. Library	271 Southgate Shopping Center		Culpeper
Culpeper M.S.	14300 Achievement Drive		Culpeper
The Depot	113 South Commerce Street		Culpeper
Emerald Hill Elem.	11245 Rixeyville Road		Culpeper
Floyd T. Binns M.S.	205 East Grandview Avenue		Culpeper
GW Carver Piedmont Tech	9432 James Madison Highway	(6 miles out Rt. 15 S. on left side)	Rapidan
Pearl Sample Elem.	18480 Simms Drive		Culpeper
Spilman Park	3543 Colvin Road		Jeffersonton
Sycamore Park Elem.	451 Radio Lane		Culpeper

Winter 05 Issue 22 Part ...
page 10

Thursday, December 01, 2005 08:59
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		Page 25
Culpeper County Parks & Re	ecreation Registration Form	arriar war aw v
Program Name:	Dates: Time: Cost:	OFFICE USE ONLY Amount Paid Cash
	ion: Day(s): M Tu W Th F Sa Su	Amount raid Cash
	□M □F Age/Grade:/_ Birth Date:/_/_	Balance Due Check
	City / Zip: /	Date Paid Other
Please list any allergies, medication, restriction	s, or special accommodations that the participant has that staff needs to k	now about.
Phone: Hm: ()	Wk: () (Cell: ()
	er 18):	
	Relations	
	Wk: ()	
	I understand that I may be photographed and/or videotaped while pographs and/or videotapes in Department publications, media campaigns, educ	
activity. I further waive any remuneration for pub understand and agree to the conditions as set forth a Assumption of Risk and Release: In agreeing to p	plishing and/or printing such photographs of me. I understand that by affixing	my signature on this form that I attest to having read, fully a participant, I and/or the participant do hereby affirm that the
In consideration of participating in this all liability, action, cause of action, claims, and der activity, the County of Culpeper, Virginia, the Coulpeper, and all their officers, agents, employees, It is likewise assumed and agreed that the participant or parent or guardian to make sure the	s activity, I and/or the participant do hereby assume all risk of any injury to the participant have or a county Board of Supervisors, the Culpeper County Department of Parks and I staff, volunteers and successors. the participant will, at his own expense, wear the proper clothing and protective the criteria are met. I grant my permission to the county or its agents to transport so agree to allow transportation of the participant to the nearest physician or he	articipant and will indenmify and hold harmless, from any and which arise from or in connection with my participation in this Recreation, the Culpeper County School Board, the Town of equipment during the activity, and that it is the responsibility of the participant to and from an event or activity when required
Participant Signature (7vrs & older)	Parent / Guardian Signature (if participant 17 or younger)	Date
	Parent / Guardian Signature (if participant 17 or younger) Davis St., Suite 100 Culpeper, Virginia 22701 - Phone: (540) 727-3412, Fax	:: (540) 727-2802, Website: www.culpepercounty.gov
Culpeper County Parks and Recreation, 155 W. I	Davis St., Suite 100 Culpeper, Virginia 22701 - Phone: (540) 727-3412, Fax	:: (540) 727-2802, Website: www.culpepercounty.gov
Culpeper County Parks and Recreation, 155 W. I	Davis St., Suite 100 Culpeper, Virginia 22701 - Phone: (540) 727-3412, Fax	OFFICE USE ONLY
Culpeper County Parks and Recreation, 155 W. I Culpeper County Parks & Re	Davis St., Suite 100 Culpeper, Virginia 22701 - Phone: (540) 727-3412, Faz	OFFICE USE ONLY Amount Paid Cash
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Thursday, December 01, 2005 08:59 Composite

Parent / Guardian Signature (if participant 17 or younger)

Culpeper County Parks and Recreation, 155 W. Davis St., Suite 100 Culpeper, Virginia 22701 - Phone: (540) 727-3412, Fax: (540) 727-2802, Website: www.culpepercounty.gov

Date

Participant Signature (7yrs & older)

PAGE 26 CULPEPER MINUTES **ISSUE TWENTY-TWO**

Culpeper County Parks and Recreation

What's Going On?

CULPEPER RECREATION FOUNDATION, INC. - P.O. Box 36, Culpeper, VA 22701

The Recreation Foundation continues to seek funding to support the Culpeper Community Complex. There still remains opportunity for naming ball fields, scoreboards, roadways and the total Complex. For additional funding information, please contact the Parks and Recreation Office at 727-3412.

CULPEPER COMMUNITY COMPLEX

The Complex continues to improve its looks with the assistance from Premier Sports Field, LLC. Bob Benyo and his crew are slowly transforming what was once dirt and weeds into a recognizable sports complex. The 59-acre district park will feature six soccer, three football, six Little League and one youth ball fields. The field turf selection is a Riviera brand Bermuda seed. This product is a hardy, cold tolerant turf that greens up in early spring as opposed to other Bermuda brands. The Riviera turf will tolerate additional foot traffic and repair worn areas at a quicker rate, if needed.

Prior to the winter, all fields were over-seeded with rye grass to keep the turf looking green. A winter turf blanket will be installed over the baseball infields to help protect the Bermuda sod. In all, the fields are expected to be ready for action the month of April.



The Culpeper Recreation Foundation, Inc. has been busy locating potential funding sources to assist in further development of the park. Presently, the Foundation raised sufficient funds to have outfield fencing constructed on each of the baseball fields. The fencing will be six feet in height to reduce long balls and protect young ballplayers from reaching the roadway. Other Foundation priorities at the park will be two concession stands, scoreboards, flag poles, entrance sign, spectator bleachers and other smaller needs.

SPILMAN COMMUNITY PARK, is located in Jefferson District on Route 621 (Colvin Rd). Within the next several weeks, a new preschool swing set will be built and additional safety surface added to the playground unit. Winter is a great time for residents to enjoy a leisurely stroll on the walking trail, as it meanders through the woods. Take some time to exercise and appreciate nature.

THE LEISURE TIMES RECREATION GUIDE

Below is a listing of non-profit recreational groups based in Culpeper County. The Parks and Recreation staff strives to keep contacts and numbers as current as possible; however, staff is not always informed of changes. This listing is also on our website for your convenience. Depending on space availability in each issue, this guide may occasionally only appear on our website at www.culpepercounty.gov If you would like to have your non-profit recreation related organization listed, please send your information to Tabitha Riley at triley@culpepercounty.gov. Please include: organization name & description of activities, contact name, phone number, and email OR web address. All requests are subject to approval.

YOUTH SPORTS

Culpeper Football Assoc. - Larry Boido - 540-937-3568 Culpeper Youth Football - John Fotenos - 540-825-1854 Culpeper Youth Basketball - Greg Ward - 540-547-9188

Culpeper Youth Baseball - Michael Grant - 540-825-8310 - Mgrant@culpeperschools.org Culpeper Lacrosse Assoc. Foundation - Scott Found - 540-825-3530 - www.culpeperlax.com Culpeper Soccer Assoc. – Hotline - 540-825-0886 - ksportsplayer@msn.com

COMMUNITY

Blue Ridge Chorale of Culpeper - Judy Gore - 540-825-2859

- JNJGORE@aol.com



155 West Davis Street, Suite 100 Culpeper, Virginia 22701 Phone: (540) 727-3412 Website: www.culpepercounty.gov